

MASBRO

CHILDREN'S CENTRES



AUTUMN TERM 2026

September – December Programme

MASBRO CHILDREN'S CENTRE • FLORA GARDENS CHILDREN'S CENTRE
EDWARD WOODS COMMUNITY CENTRE • BROOK GREEN FAMILY CENTRE

WELCOME TO OUR 2026 AUTUMN PROGRAMME!

The start of a new academic year always brings fresh beginnings and new opportunities –here at Masbro Children's Centres, we are looking forward to all that the Autumn term will bring. 2026 has already been filled with many special moments and memorable highlights, and we can't wait to see what wonderful experiences the rest of the year has in store for our children, families and community!

Summer Celebrations

During the Summer Term, we have enjoyed celebrating some special events, including Eid, Father's Day, and The World Cup!



The children loved cheering on England during the World Cup football tournament!



Our annual Eid Party was a huge success with music, dancing and an array of food from around the world!

Autumn Celebrations

We're looking forward to continuing the celebrations in the autumn term too!

Our annual **Halloween Party** will be on Friday 23rd October at Flora Gardens Children's Centre and our **Christmas Party** will be on Thursday 17th December at Masbro Children's Centre.

New Sessions for the Autumn term

COMING
SOON!

PEEP! LEARNING TOGETHER!

A new programme coming to our Children's Centre, supporting parents and children to learn and play together through simple, enjoyable everyday activities. Peep helps build strong parent-child relationships and gives families ideas and confidence to support their child's learning and development at home.



COOKING WITH MIMI

Join Mimi for a fun, hands-on cooking session where children can explore ingredients, try new foods and get involved in making something delicious. A lovely opportunity to build confidence, develop practical skills and enjoy cooking together

1.30pm – 3.00pm | 16 Sep – 16 Dec | Flora Gardens



JUDE WOOD

A moment to remember Jude Wood, our former Children's Centre Manager, who sadly passed away recently.

Jude played such an important part in building our Children's Centre and Nursery into what it is today, creating a welcoming place for generations of children and families.

Many of us will also remember Jude through the Masbro Play Scheme and Carnival, where she helped create wonderful memories and bring our community together all those years ago.

Her **kindness, creativity and dedication** will always be remembered.

Thank you, Jude!



Baby Groups & Sessions

BABY MASSAGE – Baby massage promotes your baby's health and flexibility, whilst developing your tender bond with specific massage techniques.

23 Sep – 21 Oct | 1.30 – 2.30pm
Flora Gardens Children's Centre

5 Nov – 3 Dec | 1.00 – 2.00pm
Masbro Children's Centre



TREASURE BASKETS – A session for mothers and babies under 1 years, to support babies to explore by themselves and expand their thinking.

8 Sep – 15 Dec | 1.00 – 2.30pm
Flora Gardens Children's Centre

11 Sep – 18 Dec | 10.00 – 11.30am
Masbro Children's Centre

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INCREDIBLE YEARS PARENTING COURSE

An interactive parenting groups to support parents with babies under 12 months to build strong, loving relationships with their babies.

11 Nov – 16 Dec | 1.30 – 2.30pm
Flora Gardens Children's Centre



SLEEP WORKSHOP

For parents with babies under 12 months to receive strategies to help their baby develop healthy sleeping habits.

9 Dec | 1.30 – 2.30pm
Flora Gardens Children's Centre

For more details on any group, please contact Monika@upg.org.uk

VOLUNTEER OF THE TERM – MEGI KERCISHTA!

Volunteering is at the heart of UPG and we are grateful to the volunteers who support us during our children's centre sessions.

Our 'Volunteer of the Term' is Megi Kercishta who has been a huge support to the team at Flora Gardens Children's Centre,

Please ask at reception for a volunteer application form or contact vallon@upg.org.uk



MEET THE MASBRO CHILDREN'S CENTRE TEAM...



Vallon
Children's Centre Manager



Aida
Senior Outreach Worker



Beata
Outreach Worker



Karine
Outreach Worker



Mimi
Early Years Educator



Shaista
Early Years Educator



Sharafat
Early Years Educator



Amel
Early Years Educator



Monika
Senior Administrator



Miho
Administrator

WE
19 SPEAK OVER
LANGUAGES!

Albanian, Amharic, Arabic, Bulgarian, Croatian, Dari, English, Hindi, Hungarian, Japanese, Konkani, Pashto, Persian, Polish, Punjabi, Saho, Thai, Tigrinya, Urdu and more!

MASBRO OUTREACH AND

AFFILIATED SERVICES

OUTREACH SERVICES

Masbro & Flora Gardens Children's Centres Outreach workers provide practical and emotional support to parents and carers. If you would like advice or support speak to a member of staff or contact Aida on aida@upg.org.uk to make an appointment.

FREE HEALTHY START VITAMINS

We distribute free women's and children's vitamins, to pregnant women and families living in H&F with children under 5 years.

Contact Monika for Masbro on 020 7605 0800 monika@upg.org.uk OR Miho for Flora Gardens Children's Centre, mihoko@upg.org.uk 020 8741 7892

BOOKSTART PROGRAMME

The Bookstart Programme includes a **FREE BOOK** to share with your child/ren to make stories fun, whilst encouraging language development by learning new rhymes.

Contact Beata at beata@upg.org.uk

ROSE VOUCHERS



Would you like to buy more fruit & veg?

The scheme supports women and young families living on low incomes to buy and eat more fruit & vegetables. Gives healthy recipes to cook using the Rose Vouchers. Shares new ideas and cultural recipes using fresh fruit and vegetables, whilst involving their children in the fun of cooking!

Contact Beata for Masbro 020 7605 0800 beata@upg.org.uk OR email Flora Gardens Children's Centre aida@upg.org.uk

USEFUL INFORMATION

THE FAMILY HUB

A one-stop-shop for information on services for children, young people, and their families

Visit www.lbhf.gov.uk/TheFamilyHub

LOCAL OFFER FOR SEND

Information on services and support for children and young people aged 0 – 25 with Special Educational Needs and/or Disabilities (SEND)

Visit: www.lbhf.gov.uk/localoffer

PARENTING PROGRAMMES

Are you interested in learning some new parenting skills to support you and your child?

Our 'Confident Parent, Happy Child' parenting department offers a wide range of parenting programmes for parents and carers of children 0-18 years of age across Hammersmith & Fulham.

Check out their programme or contact Marina at marina@upg.org.uk



Marina | Parenting Project Manager



MASBRO BROOK GREEN UNDER THREES' NURSERY



Welcome to our friendly little nursery in the heart of Brook Green. We offer eligible families fifteen hours of free childcare as part of the government's two-year offer.

Our nursery, which is part of the Masbro Children's Centre has thirty spaces available. This gives children their fifteen hour entitlement across three days for one year or until the term after they turn three.

MEET THE TEAM

Our team of 6 highly experienced Early Years Educators take on key person responsibilities for the children in attendance.



Kayleigh
Nursery Manager



Dafina
Dep Nursery Manager



Yodit
Early Years Educator



Rosine
Early Years Educator



Danielle
Early Years Educator



Chanita
Early Years Educator

NURSERY OPENING TIMES:

9.00am – 2.00pm MONDAY • TUESDAY • WEDNESDAY

Pop in to our Play & Learn sessions 9.30 – 11.30 Thursdays to view the nursery and find out more. OR make an appointment kayleigh@upg.org.uk 07702 335 120

PLAY & LEARN SESSIONS POLICY

No admittance after an hour from start time – this is to enable us to deliver a smooth-running session

BOOKING CRECHE PLACES

You will need to register and settle your child before attending your session.

Contact Monika
monika@upg.org.uk
020 7605 0800



Come and visit us at 1 of our 4 Children's Centres and see what is on offer for you and your children!



MONDAYS

MASBRO CHILDREN'S CENTRE



PLAY & LEARN 9.30 – 11.30am

Followed by Stories & Rhymes

7 Sep – 14 Dec (Half Term 26 – 30 Oct) • Ages 0-5

Fee £1.00 (free if you are on benefits) • Drop in

A fun session encouraging exploration and creativity.

• **Speech and Language Therapist Drop-In**
9.30 – 10.30am

21 Sep • 16 Nov • 14 Dec

• **Place2Play 9.45 – 10.45am**
TBC

Place2Play is an inclusive family 'pop up sports' programme, fun games that emphasises developing children's agility, balance and co-ordination skills in children aged 2 plus. Parents are encouraged to join in.

PERINATAL MENTAL HEALTH CLINIC 9.30 – 1.30pm

Appointments only • West London NHS Trust

HEALTH REVIEWS 9.30 – 1.30pm

Appointments only • For any queries or to book an appointment please call 020 8102 3601

RIISING 2's 1.00 – 2.45pm

21 Sep – 14 Dec (Half Term 26 – 30 Oct)

Age: 2 years, 2 terms before joining to nursery

Help your child prepare for nursery by joining our Rising 2's sessions. A fun, stimulating environment where your child will be supported to become more independent and begin to learn the skills, they need to start nursery.

Booking essential 020 7605 0800 monika@upg.org.uk

FLORA GARDENS CHILDREN'S CENTRE



ANTENATAL CLINIC 9.00 – 5.00pm

Appointments only

Queen Charlotte's & Chelsea Hospital 020 3313 3926

EDWARD WOODS COMMUNITY CENTRE



STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES 9.30 – 12.30am

2 Nov – 8 Feb (No sessions on 21 & 28 Dec)

A 13-week programme for parents/carers who have a child between 3-18 years of age. Parents are introduced to a range of strategies to enhance children's behaviour and build positive parent child relationships. The programme explores the impact of family, culture and community influences and explores how to keep children and young people safe.

Booking required, no crèche

Contact Marina 07740 752 679 or marina@upg.org.uk

TUESDAYS

MASBRO CHILDREN'S CENTRE

PARENTSACTIVE 10.00 – 12.00pm

8 & 22 Sep • 6 & 20 Oct • 3 & 17 Nov • 1 & 15 Dec

Meet up with other parents/carers of children with special needs, have a coffee and listen to specialist speakers.

Contact Nandini nandini.ganesh@parentsactive.org

PARENT GYM 1.00 – 3.00pm

3 Nov – 8 Dec

A 6-week programme for parents and carers of children aged 2 to 11 years. The programme helps parents build their skills and confidence to support their child's behaviour, learning and wellbeing. Topics include effective communication, balancing warmth and discipline, setting boundaries, and encouraging learning.

Booking required, limited crèche places available.

Contact Marina 07740 752 679 or marina@upg.org.uk

TALK AND LEARN 1.30 – 3.00pm

22 Sep – 20 Oct • Ages 2-5

Fun sessions supporting communication and language development for under 5's. Referrals and self-referrals. 5 weeks course.

Booking Essential, please contact monika@upg.org.uk

FLORA GARDENS CHILDREN'S CENTRE

RIISING 3's 9.30 – 11.15am

22 Sep – 15 Dec (Half Term 26 – 30 Oct)

Age: one term before starting nursery ages from 2.5 years

Help your child prepare for school by joining our Rising 3's sessions. A fun, stimulating environment where your child will be supported to become more independent and begin to learn the skills, they need to start school.

Booking essential 0208 741

7892 mihoko@upg.org.uk



EDWARD WOODS COMMUNITY CENTRE



PLAY & LEARN 10.00 – 11.30am

8 Sep – 15 Dec (Half Term 26 – 30 Oct) • Ages 0-5

Drop in • Fee £1.00 (free if you are on benefits)

A fun session encouraging exploration and creativity.

- Speech & Language Therapist Drop-In 10.00 – 11.00am

13 Oct (part of Play & Learn)

- Place2Play 11.30 – 12.15pm

TBC

Place2Play is an inclusive family 'pop up sports' programme, fun games that emphasises developing children's agility, balance and co-ordination skills in children aged 2-11. Parents are also encouraged to join in.

IAIM BABY MASSAGE 1.30 – 2.30pm

5 Week Programme 22 Sep – 20 Oct

Fee £10.00 to be paid on first week • Suitable for babies

8 weeks to crawling

Baby massage promotes your baby's health and flexibility, combining tender touch with specific massage techniques.

Contact Monika to book in advance 020 7605 0800 or monika@upg.org.uk

BABY TREASURE BASKETS & RHYME TIME

1.00 – 2.30pm

8 Sep – 15 Dec (Half Term 26 – 30 Oct)

Fee £1.00 (free if you are on benefits) • Drop in

Babies' new-born to walking

A session for mothers and babies under 1 year old. Basket filled with natural, everyday items which babies can explore by themselves to expand their thinking skills.

HEALTH REVIEWS 9.00 – 5.00pm

Appointments only • For any queries or to book an appointment please call 020 8102 3601

WEDNESDAYS

FLORA GARDENS CHILDREN'S CENTRE



PLAY & LEARN 9.30 – 11.30am

9 Sep – 16 Dec (Half Term 26 – 30 Oct) • Drop in

Ages 0-5 • Fee £1.00 (free if you are on benefits)

A stimulating environment, encouraging exploration and creativity for you and your child to play and learn together with other children.

INCREDIBLE YEARS

(Baby Programme) 1.00 – 2.30pm

4 Nov - 9 Dec

An interactive 6-week group for parents with babies 0-12 months. The programme supports parents to build strong loving relationships with their babies. Key themes include parents as communicators and babies as intelligent learners, providing physical, tactile & visual stimulation

MASBRO CHILDREN'S CENTRE



ROSE VOUCHER COLLECTION & PLAY 10.00 – 12.00pm

9 Sep – 16 Dec (Half Term 26 – 30 Oct)

After collecting your vouchers stay on and join us for the

ROSE VOUCHER COLLECTION GROUP

Learn healthy recipes to cook using your Rose Vouchers. Share new ideas and cultural recipes using fresh fruit and vegetables, whilst involving your children in the fun of cooking!

Contact beata@upg.org.uk to see if you are eligible

HEALTH REVIEWS 9.30 – 2.00pm

Appointments only

For any queries or to book an appointment please call 020 8102 3601

for your baby, learning to read your baby's mind and gaining support for you.

Booking required, babies under 12 months are welcome
Contact Marina on 07740 752 679 or marina@upg.org.uk

SLEEP MANAGEMENT WORKSHOP

1.00 – 2.30pm

9 Dec

For parents with babies under 1 years old to get the strategies needed for helping their babies develop healthy sleeping habits.

Booking required, babies under 12 months are welcome • Contact Marina on 07740 752 679 email marina@upg.org.uk

IAIM BABY MASSAGE 1.30 – 2.30pm

5 Week Programme 23 Sep – 21 Oct

Fee £10.00 to be paid on first week

Suitable for babies 8 weeks to crawling

Baby massage promotes your baby's health and flexibility, combining tender touch with specific massage techniques.

Booking essential contact mihoko@upg.org.uk
020 8741 7892

COOKING WITH MIMI CREATIVE GROUP

1.30 – 3.00pm

16 Sep – 16 Dec • Drop in • 2-5 years

Fee £1 (free if you are on benefits)

A fun and exciting session where children explore cooking different dishes every week.

HEALTH REVIEWS 9.00 – 5.00pm

Appointments only • For any queries or to book an appointment please call 020 8102 3601



THURSDAYS

MASBRO CHILDREN'S CENTRE

CHILDREN'S CENTRE CHRISTMAS PLAY

PARTY 9.30 – 11.30am

17 Dec (Details to be published near the time of event.)



FREEDOM PROGRAMME 9.30 – 11.30pm

17 Sep – 10 Dec (No session on 29 Oct)

A 12-week programme aimed at women who have experienced domestic abuse. The programme aims to increase confidence, knowledge and understanding by helping them to identify and understand the tactics, behaviour, and beliefs of abusive partners. The programme also explores how children are affected by being exposed to the abuse and how their lives are improved when the abuse is removed.

Booking required, limited crèche places available.

Contact Marina 07740 752 679 or marina@upg.org.uk

BOUNCE & BOND 10.00 – 11.30am

10 Sep – 22 Oct

Exercise for mums who like to stay active.

Booking required, limited crèche places available

Email monika@upg.org.uk

PEEP 10.00 – 11.30am

5 Nov – 10 Dec

A new programme supporting parents and children to learn and play together through simple, enjoyable everyday activities. Peep helps build strong parent-child relationships and gives families ideas and confidence to support their child's learning and development at home.

IAIM BABY MASSAGE 1.00 – 2.00pm

5 Week Programme 5 Nov – 3 Dec

Fee £10.00 to be paid on first week • Suitable for babies

8 weeks to crawling

Baby massage promotes your baby's health and flexibility, combining tender touch with specific massage techniques.

Contact Monika to book in advance 020 7605 0800 or monika@upg.org.uk

ABOUT BOYS 1.00 – 3.00pm

1 Oct – 22 Oct

A 4-week group for parents/carers who have boys between 0-5 years of age. The programme supports to have a better understanding of boys and their development and offers practical techniques to support with boundaries and discipline.

Booking required; limited crèche places available for children under 5 years of age

Contact Marina 07740 752 679 email marina@upg.org.uk

LOOK, SAY, SING, PLAY 1.30 – 2.30pm

17 Sep – 22 Oct • Ages 0 – 1 years

Right from birth, every time you talk, sing or play with your baby, you are not just bonding, you are building their brain – it is as simple as Look, Say, Sing, Play. Come along to discover fun and effortless ways to change everyday moments into brain-building ones.

To book contact Monika monika@upg.org.uk



BREAST FEEDING ADVICE 12.00 – 3.00pm

Appointments only • Chelsea & Westminster Hospital NHS Foundation Trust

For babies under 28 days old AND already receiving antenatal care from Chelsea & Westminster

TRIPLE P PARENTING PROGRAMME - ONLINE 5.30 – 7.30pm

17 Sep – 15 Oct

A 6-week programme for parents/carers who have a child between 0-12 years of age. The programme helps parents raise happy and confident children. Parents are introduced to a range of strategies to enhance parent child relationship, encourage positive behaviour and manage misbehaviour.

Booking required; limited crèche places available for children under 5 years of age

Contact Marina 07740 752 679 email marina@upg.org.uk

BROOK GREEN FAMILY CENTRE



WOODLAND GARDEN OUTDOOR PLAY

9.30 – 11.30am

10 Sep – 10 Dec (Half Term 26 – 30 Oct) • Ages 0-5

Drop in • Fee £1.00 (free if you are on benefits)

A fun outdoor play session where children will explore our woodland garden and learn about nature.

No snack provided

• Speech & Language Therapist Drop-In

9.30 – 10.30am

17 Sep

SENCO ADVICE SESSIONS 9.30 – 11.00am

Access advice on how to best support your child with additional needs.

Booking essential kayleigh@upg.org.uk



FLORA GARDENS CHILDREN'S CENTRE

ANTENATAL CLINIC 9.00 – 5.00pm

Appointments only • Queen Charlotte's & Chelsea Hospital 020 3313 3926



ROSE VOUCHER COLLECTION & PLAY

10.00 – 12.30pm

10 Sep – 10 Dec (Half

Term 26 – 30 Oct)

After collecting your vouchers stay on and join us for the ▼

ROSE VOUCHER COOKING GROUP

Learn healthy recipes to cook using your Rose Vouchers. Share new ideas and cultural recipes using fresh fruit and vegetables, whilst involving your children in the fun of cooking!
Contact Aida aida@upg.org.uk to see if you are eligible

TALK AND LEARN 1.30 – 3.00pm

12 Nov – 10 Dec • Ages 2-5

5 weeks course. Fun sessions supporting communication and language development for under 5's. Referrals and self-referrals.

Booking Essential, please contact mihoko@upg.org.uk



FRIDAYS

MASBRO CHILDREN'S CENTRE



TREASURE BASKETS & RHYME TIME 10.00 – 11.30am

11 Sep – 18 Dec (Half Term 26 – 30 Oct) • Drop in
Fee £1.00 (free if you are on benefits) • For babies' new-born to walking

A drop-in session for mothers and babies under 1 year old. Baskets filled with natural, everyday items which babies can explore by themselves to expand their thinking.

BREAST FEEDING ADVICE

9.15 – 11.30 Appointments only

11.30 – 12.00pm Drop in

Central London Community Healthcare NHS Trust H&F

FLORA GARDENS CHILDREN'S CENTRE

HEALTH REVIEWS 9.00 – 5.00pm

Appointments only • For any queries or to book an appointment please call 020 8102 3601

PLAY & LEARN 9.30 – 11.30am

11 Sep – 18 Dec (Half Term 26 – 30 Oct) • Drop in
Ages 0-5 • Fee £1.00 (free if you are on benefits)

A stimulating environment, encouraging exploration and creativity for you and your child to play and learn together with other children.

• HALLOWEEN PARTY PLAY 9.30 – 11.30am
23 Oct • Drop in • Ages 0-5

• Speech & Language Therapist
9.30 – 10.30am
18 Sep

• Place2Play 9.45 – 10.45am
TBC

Place2Play is an inclusive family 'pop up sports' programme, fun games that emphasises developing children's agility, balance and co-ordination skills in children aged 2-11. Parents are encouraged to join in.

SEND 'LITTLE GARDENERS' 1.00 – 2.30pm

18 Sep – 18 Dec (Half Term 26 – 30 Oct)

Ages 0-5

Session for children with special educational needs or disability

Contact Mihoko mihoko@upg.org.uk



SATURDAYS



FLORA GARDENS CHILDREN'S CENTRE



DAD'S PLAY & LEARN 10.30 – 12.30pm

26 Sep • 31 Oct, • 28 Nov • 12 Dec

Drop in • £1.00 per child (free if you are on benefit)

These drop-in sessions will offer a range of fun activities for dads/male carers to have fun with their child/children in a safe and stimulating environment.



HEALTH REVIEWS 9.00 – 2.00pm

Appointments only • For any queries or to book an appointment please call 020 8102 3601



MASBRO

CHILDREN'S CENTRES



Masbro Children's Centre

Milson Rd entrance | 87 Masbro Rd | W14 0LR
T: 020 7605 0800 | E: vallon@upg.org.uk



Edward Woods Community Centre

60-70 Norland Rd | London W11 4TX
T: 020 7605 0800 | E: vallon@upg.org.uk



Flora Gardens Children's Centre

Dalling Rd | London W6 0UD
T: 020 8741 7892 | E: vallon@upg.org.uk



Brook Green Family Centre

49 Brook Green | London W6 7BJ
T: 020 7605 0800 | E: vallon@upg.org.uk

All areas of the programme cover the:

EARLY YEARS FOUNDATION STAGE

★ A Unique Child ★

★ Positive Relationships ★

★ Enabling Environments ★

★ Learning and Development ★



Company Number: 3446256 Charity Number: 1092258

Sure Start
Delivering Sure Start Services

h&f
hammersmith & fulham

Tel: 020 7605 0800 • Email: vallon@upg.org.uk • Website: www.upg.org.uk

Twitter: www.twitter.com/MasbroCentre

Facebook: www.facebook.com/MasbroCentre